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The Iowa Homemaker vol.23, no.14

Mary Elizabeth Lush

Iowa State College

D. Jean Merrill

Iowa State College

Marjorie Lund

Iowa State College

Gertrud Ortgies

Iowa State College

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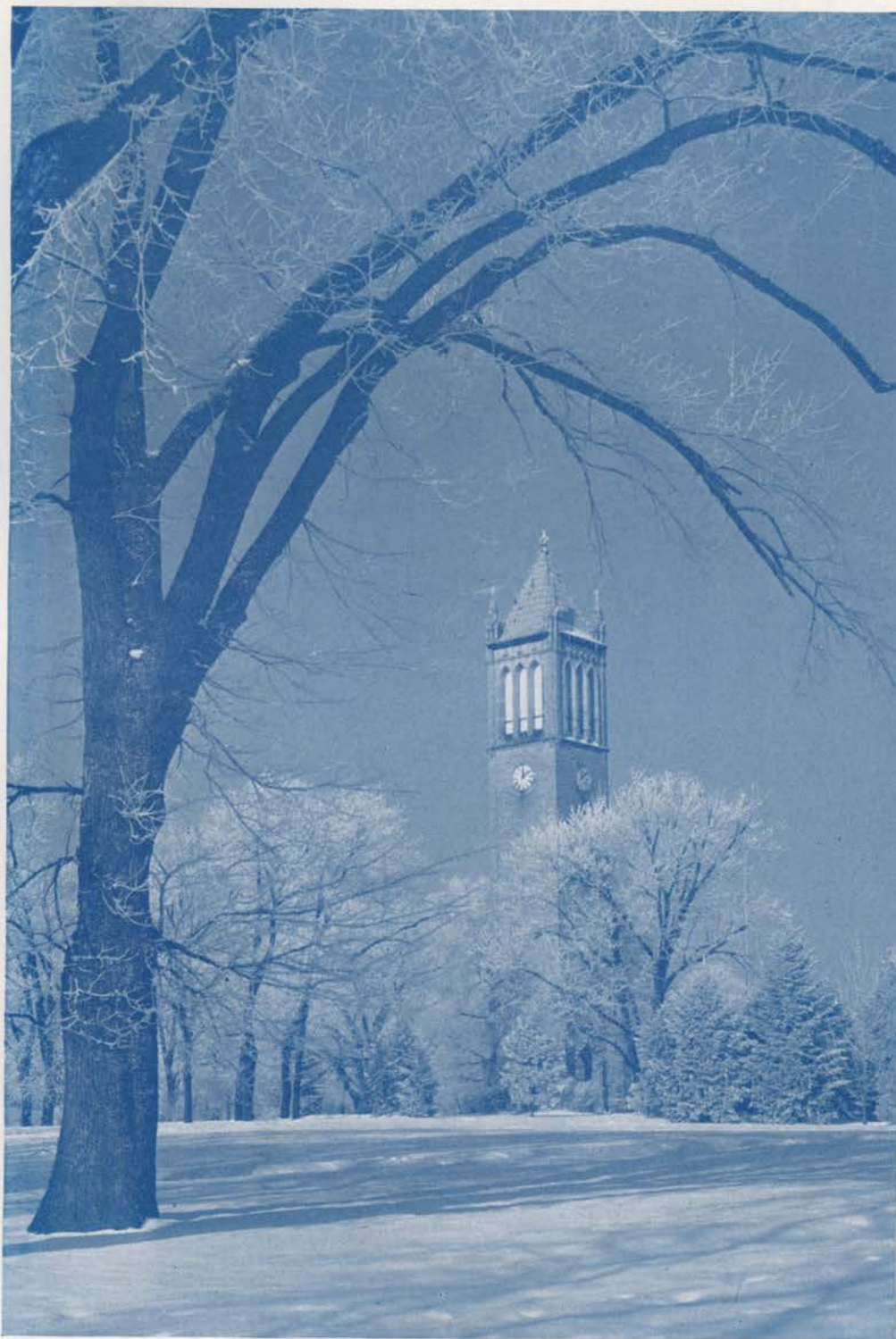
The Iowa Homemaker vol.23, no.14

Authors

Mary Elizabeth Lush, D. Jean Merrill, Marjorie Lund, Gertrud Ortgies, Josephine Ahern, Edgar Vestal, Marilyn Mitchell, Jo Ann Reeves, Harriet Keen, Rowena Lincoln, and Ann Turner

THE IOWA

Homemaker



A REVIEW OF ACTIVITY IN HOME ECONOMICS AT THE IOWA STATE COLLEGE

JANUARY, 1945

Here's the woman you educated!

She's Mrs. Housewife, and
You've Taught Her a Lot of
New Things About Meat.

When the war made her favorite cuts of meat hard to get, she turned to you for advice. With your help, she learned to cook meat dishes she had never heard of. She experimented, tried new recipes, gave her family more variety at mealtime.

And she'll continue to serve those new menus, even when all meats are again plentiful . . . because she and her family like them. So keep up the good work. Continue to suggest casserole dishes, stews, braising cuts, and other ways to serve good meats like Morrell Pride Meats. Mrs. Housewife likes the things you teach her. And she'll show her appreciation by depending on your advice in the future.



JOHN MORRELL & CO. GENERAL OFFICES: OTTUMWA, IOWA

Do Your Share to Assure Victory—Buy More War Bonds

T H E I O W A

Homemaker

Shown on the cover is a winter view of the campanile, whose morning and evening concerts echo across a snow covered campus. Ira Schroeder of the music department plays the carillon

A Review of Activity in Home Economics
IOWA STATE COLLEGE, AMES, IOWA

VOL. XXIII, NO. 14

JANUARY, 1945

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CONTENTS

Keeping Up With Today— <i>Mary Elizabeth Lush</i>	2
Presenting Martha Duncan— <i>D. Jean Merrill</i>	3
Students Create Furniture— <i>Marjorie Lund</i>	4
Describe Food in South Pacific— <i>Gertrud Ortgies</i>	5
Vicky Previews a New Year— <i>Josephine Ahern</i>	6
Teaches Homemaking in India— <i>Mrs. Edgar Vestal</i>	7
What's New in Home Economics— <i>Marilyn Mitchell</i>	8
Thoughtful Reading— <i>Jo Ann Reeves</i>	10
Across Alumnae Desks— <i>Harriet Keen</i>	12
Alum Chooses Food Publicity— <i>Rowena Lincoln</i>	14
Betty Heileman Feeds Trainees— <i>Ann Turner</i>	16

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Nation-wide first aid classes are being conducted for people of all ages. This class is tying bandages under the supervision of two Red Cross workers who check procedures

Keeping Up With Today

FACULTY members of the Division of Home Economics are serving on the College Curriculum Committee which is making plans to offer students more liberal arts courses with their technical subjects. The Home Economics Committee is working on the type of science prerequisites for each department and the place of social science in the college. The home economics curriculum contains about 30 percent social-humanistic subjects. Hester Chadderdon of the Home Economics Education Department directs the committee.

An all-college ice show will be a highlight in Iowa State's February entertainment. The review will be performed and staged by students and a special rink will be built. Costumes and properties from former Veishea productions will be used.

Iowa State College chemical engineers have learned from the first large scale experiments that milkweed can increase the supply of oil for commercial war use. The unrefined oil can be used in the manufacture of paints, varnishes and soaps. Chemists believe the refined oil can be used for edible purposes such as salad dressing.

Since 1924, various departments of the college have been attempting to establish milkweed as a farm crop, because of its scientific potentialities. Floss from the plant has substituted for kapok since the Japanese invasion of the Pacific Islands, but there has been no commercial use for the more than a million pounds of seeds which have been accumulating as a waste product.

About 50 percent of Iowa's farms are slated for post-war improvements, according to an extension survey.

New or renovated farm houses, barns and other farm buildings, installation of water and electric systems, fencing, grounds improvements and plantings are developments contemplated. The survey shows 129,000 Iowa farmers planning on \$340,000,000 of postwar improvements.

The home service departments of gas companies in England are giving demonstrations on various phases of home economics to students, homemakers, and men and women in the services. Bottling of fruit, food preparation, clothing, hygiene and home planning are among the most popular subjects. Central heating is not favored in the house plans except for the hall radiator and a hot rail in the bathroom for drying towels.

Of the American Dietetics Association's 6,500 members, 965 are in military service and many of these are serving overseas, according to the president of that organization, Miss Maniza Moore. Miss Moore has been Director of Dietetics since 1940 at Vanderbilt University Hospital and is known among nutritionists as an outstanding administrative dietitian.

"Home Is What You Make It," a radio course, is one of the NBC University of the Air series broadcast every Saturday morning by Jane Tiffany Wagner, '27, director of home economics for the National Broadcasting Company. Cooperating in this series are the American Home Economics Association, the National Congress of Parents and Teachers and the General Federation of Women's Clubs.

Presenting—

Martha Duncan

WOI Women's Editor



Mrs. Eleanor Wilkins is well-known to many Iowa homemakers as Martha Duncan of WOI

In her daily radio visits to the kitchens of thousands of homemakers, Martha Duncan gives nutrition suggestions, says D. Jean Merrill

MRS. ELEANOR WILKINS, better known to her radio audience as Martha Duncan, is a regular visitor in thousands of homemaker kitchens every morning. As woman's editor for Iowa State's radio station, WOI, "Martha" is considered a personal friend of many of her listeners even though they haven't met her.

Her daily program, the Homemaker's Half Hour, which is presented at 9 o'clock each morning, is divided into four periods. During the first five minutes she conducts the Market-Basket sponsored by the nutrition staff of the Extension Service. Mrs. Wilkins seldom gives recipes, but her listeners pick up many tempting ideas for food dishes from her market and nutrition suggestions. She gives special emphasis to rationing and the methods of gaining the greatest value from red and blue points.

During her program Mrs. Wilkins interviews members of the Home Economics Division and of the Home Economics Extension staff. Through these interviews she brings her homemaker listeners interesting facts about the work done on the campus and in the classrooms. The interviews also tell mothers about the activities of their Iowa State sons and daughters. Martha adds vitality and sparkle to the factual material, always keeping it on a conversational level with the homemaker.

The National Livestock and Meat Board, the National Dairy Council and the Iowa Dairy Industry Commission contribute to the information which Mrs. Wilkins uses on her program.

In the afternoon Mrs. Wilkins conducts the Woman's Program of club groups, music and interviews.

Mrs. Wilkins is a member of the Iowa State Extension

staff and has traveled widely to speak before Iowa groups. Last year, in Washington, D. C., she interviewed Mrs. Franklin D. Roosevelt and many outstanding personalities in the field of home economics. Transcriptions of the interviews were made for the Iowa Farm and Home Week radio programs.

Martha Duncan is as sincere as she sounds to her listeners. She has two children and possesses the red hair which her announcers mention but she doesn't have the proverbial temper that goes with it. Her personal traits compare so favorably with her radio presentation that her homemaker listeners feel she is a neighbor chatting over the back fence with them.

Mrs. Wilkins is a graduate of Oregon State College, Corvallis, and taught on the West Coast for two years before coming to Ames with her husband. She began her radio career in 1939 when she conducted a five-minute program, "Today's Dinner." The volume of her fan mail is an indication of her acceptance by the homemakers of Iowa and neighboring states. Most of them are written expressions of their feeling toward her daily programs, suggestions on what the audience likes and occasionally a criticism of her presentation.

Mrs. Wilkins does not base her success on listener numbers but on the human interest and friendly feeling developed between Martha Duncan and her radio homemakers.

Much of the mail heaped on Martha Duncan's desk requests copies of material presented on the program. It is from many of these that Martha learns about her listeners' interests and problems. She can be found, when not broadcasting, perusing recent letters and bulletins in her office on the third floor of the Home Economics Building.



Students Create Furniture

Original designs emphasize simple lines and fitting the intended use, says Marjorie Lund

MANY Iowa State students may point with pride to original pieces of furniture which they have individually designed and constructed. Applied art majors in Miss Mabel Fisher's advanced crafts class plan pieces of functional furniture which emphasize simplicity of line and form.

Features which the homemaker has wanted but rarely finds in commercial furniture are being incorporated into the students' special projects. Those who make a bedside table, design it according to its intended use. A shelf may be added to fit either a small or large radio. If the student likes to read in bed she may include convenient book shelves. Lack of drawer or closet space in her room may result in additional drawers and a shoe shelf with a door.

A student designing a desk considers the available wall space in her room and the desk's position in relation to the other pieces of furniture. Her height will determine the height of the desk. Long legs would make a large knee-hole desirable and the depth of the drawers depends upon their use. Shallow drawers are best for papers and deeper ones for storage.

Although students learn to recognize and appreciate traditional styles, the modern trend is stressed. In furniture design, just as in the design of automobiles or women's apparel, styles of years ago give way to new trends.

"Just as the modern kitchen has improved in efficiency through the years, so modern furniture with its functional design is replacing the more elaborate traditional furniture of the past," says Miss Fisher.

After the plans have been made on paper, an accurate small scale model is made from cardboard. Working with cardboard reveals the problems to be encountered in actual construction. The grain of the wood is considered a part of the design and its use is planned to avoid warping and unnecessary strain.

The type of finish used on the furniture depends on its ultimate use. Finishes are chosen that will be appropriate for the room and will harmonize with simple traditional styles. The final finish eliminates

the bold grain of the less expensive woods and gives the appearance of a hard wood finish.

After the furniture is sanded, nail holes are filled with wood sanding and paste. The stain used has a base of white or cream house paint. Black, vermilion and yellow ochre oil paints are added to produce the desired color. This solution is used as a stain, not a paint. It is applied with a brush and rubbed with a cloth after it has dried for at least 24 hours. A coat of varnish is applied and rubbed with a cloth until it is dry. This may be repeated two or three times.

The usual method of letting the varnish dry completely results in a glossy finish. A velvet finish similar to choice hard woods results when the wood is rubbed with pumice and oil. Soft wood finished in this manner is just as durable as hard wood. A light finish is most suitable for the soft woods. Pine is the most popular choice of wood.

Usually the form of the furniture is beautiful in itself but sometimes decorations are added through structure. Half-rounds are used effectively as a structural part of coffee tables, end tables and magazine benches. Glass is often used for table tops. The half-rounds in longer lengths make a smart flexible screen.

Because of limited space in the laboratory there is no mechanical equipment and some of the lumber is taken to the college carpenter shop to be cut into desirable lengths and widths. Most of the necessary equipment is simple so that it is possible for the students to continue making furniture in their home as a hobby. Their training in furniture design and construction also will be invaluable to them when they purchase furniture.

The course is preceded by extensive training in crafts. Woods are used experimentally to determine their possibilities and limitations. Beginning work is done with designing and constructing boxes, picture frames, bowls and other articles. Working with the wood and machinery prepares the student for the more complicated work of making furniture. Ability to do original design comes with practice.



Capt. Earl J. Gaylord, '32, Mess Officer, and other fighting men tell of strange foods consumed in the South Pacific

Iowa State Men Describe Food In South Pacific

Gertrud Ortgies presents food experiences as told by men returned from distant Pacific area

STUDENTS from Iowa State who have returned from fighting in other parts of the world give enlightening accounts of the unusual foods which comprised their daily diet.

Gerald Rabourn, recently discharged from the United States Coast Guard Reserve, recounts some experiences while in the Virgin Islands.

"The town, Charlotte Amalie, on St. Thomas Island, where I was stationed, is inhabited mostly by natives who speak English. The people are lazy, their principal occupation being fishing. The native women carry everything on their heads.

"All the water used in the Virgin Islands is caught from the roof tops into reservoirs. There are no wells. They use shutters instead of windows because the frequent hurricanes would shatter the glass. Though the humidity is high and the temperature ranges from 60 in winter to 100 in summer, the trade winds keep it cool and comfortable.

There are few restaurants in Charlotte Amalie. The food is expensive and not palatable. The average meal costs a dollar and consists of a main dish which is a mixture of rice, potatoes and meat, and a salad of chopped greens. They serve a light bread which is baked in long loaves. The dessert is usually cake made from fine imported flours and the beverage is coffee or pepsi-cola. The islands have few cows, so milk, cheese, cream and butter are scarce. Lobsters are occasionally served as a main dish.

"Because there is little agriculture, the inhabitants have few vegetables. All meat, including poultry, is imported. Coconuts and bananas are abundant. Sliced bananas fried in deep fat resemble potato chips and are served with beverages."

Wylsie R. Platts, who was in the Pacific 22 months as a Marine, liked New Zealand. The island is beautiful and green and the climate is ideal.

"For forty cents I could buy an excellent meal. The steaks they served were huge. We could have all the milk, butter and cheese we wanted. The delicious bread baked by the women included a variety of white, brown, nut and prune. There were many vegetables and for dessert we had cakes and pastries. Tea was the beverage served at every meal.

"New Zealand is important for its dairying, but the people do not drink milk or eat butter, cheese or beef. They used to ship it all to England, but now they sell it to the Americans. Women 18 years old have false teeth because they do not get enough calcium in their diet.

"On the Marshall Islands, Eniwetok and Kwajalean, we used to catch clams and mussels and eat them raw. The pure white mussels in the larger clams were about 2½ inches in diameter and 8 inches long. They had a taste similar to dried codfish.

"Coconuts and bananas grew all over. The natives make flour and paste out of the coconut and drink the coconut milk. They break up baked coconut shells and use them for chewing tobacco. The shells turn the teeth an ugly blue.

"They cannot grow vegetables in the sand so they eat 'palm cabbage' which grows in the top of a palm tree. It looks and tastes like artichokes or brussel sprouts and is eaten either raw or cooked.

"In Samoa the inhabitants make tortillas out of the flour and use a coconut paste for butter. They eat pork and drink goat's milk. Many root vegetables and tropical fruits, including tangerines, lemons and pineapples are grown on the island.

"We found papayas and avocados in the New Hebrides and the Fiji Islands. The papayas have a bright orange flesh and are sweet. The avocados are 6 or 8 inches long and 5 inches in diameter.

"There are many gardens on the islands because the soil is good. The inhabitants specialize in root vegetables because it is too hot to grow them above the ground. I didn't see any bread, but they used tapioca made from the poisonous cassava root.

"Saipan, Guam and Tinian had lots of rice and green vegetables grew wild. Papayas, avocados and pineapples are abundant on these islands.

"We sleep in sand, eat sand and wear sand," writes Captain Lee Bagby, from Sharjah, Trucial Oman, Arabia. "We have excellent food—most of which comes from the States. Tonight we had chicken, Idaho potatoes, peas, fresh bread and butter, ice cream and fruit jello. In a hot place like this good food does more for morale than anything in the world.

Vicky

Previews

a New Year



A good midseason choice is the tailored grey pinstripe on the left. Christmas earrings are bound to flatter a woolen dress. Below is Vicky in a new white party frock accented with black. Fetching is the detail of neckline and pocket

The Paris drape fashions will be featured in the 1945 spring styles, says Josephine Ahern

THE new year, shining with the hope that 1945 may be better and more peaceful than its predecessor, will glitter in the trimmings of Vicky's college dresses.

Paris influences forecast a spring of more intricate, draped fashions. From the French capital comes a grey wool coat made with three huge pockets across the front of the skirt. It is double-breasted, fastened with two rows of bone buttons and has a low, wide, square neck which will accent brightly colored scarves. A dark leather belt cinches the coat tightly at the waist. Featured on a slim black wool suit are a deep shawl collar, long tight sleeves and huge pockets at the waist line. One of the latest dresses is made of checked wool and accented by shawl drapery at the neck and side fastening and a black leather belt at the waist.

The personality of China's Madame Chiang Kai-shek is reflected in Vicky's Mandarin dress, made of gleaming raw silk with a stand-up collar, cap sleeves and slit neck opening fastened with fat black frogs. The dress is gathered at the waist and secured by a narrow belt of the same material.

Yugoslavian embroidery on a narrow belt increases waist interest on Vicky's warm cream-colored dress of rayon jersey. A round neck, slashed for an opening, and a full peplum top the slim skirt.

Dresses that will be seasonal until the very warm days of spring are good buys in Vicky's new-year wardrobe. A blue and black striped wool dress with a high neck and flared skirt has bias sections set in at the waist and hip for a smart wrapped look. Another wool dress with an ascot tie at the neck and extended shoulders for sleeves has a skirt full at the waist but narrow at the hem.

A wool suit-dress with a double-ruffle peplum and a small round neck features a flared skirt. Scrolls of black braid outline the low oval neck of a one-piece dress which has a narrow dark skirt and short, draped sleeves.

Suits for the mid-season also follow the slim skirt line and have long, belted jumper jackets. Two suits that will be equally at home under a fur wrap or a spring topper are made of wool. One of them is black and white worsted with a black patent leather belt. The jacket features full sleeves gathered and cuffed



at the wrist and two huge flap pockets, one on either hip. The skirt is narrow, made with a lap seam slashed up the center front. Yellow striped cashmere is used for the other jacket, and a yellow calf belt fastens it at the waist. The suit has a convertible collar worn standing in back and open to the third button down the front.

Bright military reds pepper Vicky's wardrobe with dashes of color. The small scarlet wool jackets top dark skirts. A parade jacket, silver-buttoned with a navy blue collar, is made of suede wool cloth. Red revers mark a collarless jacket of black and white wool tweed, fastened with two silver buttons at the waist and held in by a buttoned belt at the back. This jacket is worn with a black shirt.

Civil War styles inspire an off-shoulder evening dress of white rayon marquisette made with a sequin star-dusted berth. The bodice is moulded, the skirt is full. A Shaker cap, made with a dark, broad Quaker collar will set off her on-top-of-the-head hairdo.

A ballerina-bodice of pink sequins with a huge sequined bow on one narrow shoulder strap tops a swirling black net skirt. A choker of pearls and long black gloves are ideal accessories with this formal for winter-into-spring dances.

Teaches Homemaking to Women in India

Mrs. Edgar Vestal, '32, tells of her work as head of the Home Economics Department at the Allahabad Agricultural Institute in South India. She has spent the past year doing graduate work in consumer economics at Iowa State.

"I HAVE eaten egg!" exclaimed Maryada with a horrified expression. This Hindu girl sampled a muffin made by other home economics students, less orthodox Hindus than she, who had tempted her to taste the muffins prepared in class. To eat egg is to take life, according to Hindu belief, so eggs and meat are avoided in the Hindu diet. They get most of their protein from vegetable sources, chiefly *dal*, which resembles thick split pea soup and is served on rice.

Home economics students in India are gaining new knowledge of food and nutrition in their country. There is a need for this type of education because many people of India are malnourished. The primary cause of their diet deficiencies is the economic factor, but progress is being made in raising dietary standards by making the best use of available resources.

Obtaining sufficient milk of good quality is a big problem in India. Cattle are numerous but the milk production is low. Agricultural workers at the Institute have been working on the problem and now the Institute cattle give six times as much milk as does the average cow in India. The agricultural director, Sam Higgenbottom, has been aided by three Iowa State graduates: Dr. Burch Schneider, '25; James N. Warner, M.S. '37, and T. W. Millen, D.V.M. '39.

Home economics students learn how to feed and milk a cow and how to use the milk products in the family diet. Keeping the milk is difficult in a country where ice may be 40 or 50 miles away and the ground temperature as high as 145°F.

Cleone Brookins Warner, '38, is working on boarding school diets for the home economics students and for grade and high school youngsters throughout India. Her work is important because the schools have limited operating funds. One school has only one cent a day per student for food.

Rice is a most important item of diet for many millions of Indians. Dr. W. R. Aykroid, prominent research nutritionist in India, finds that the people of the Madras area of South India who eat milled rice, have the poorest physique of any group. If the same rice is parboiled, many of the vitamins and minerals are steamed into the kernels and if it is lightly milled or hand-pounded it will retain most of its original food value. The Allahabad Agricultural Institute, a government-aided school, uses hand-pounded rice. The Punjab Province in North India is better fed than the others, according to Dr. Aykroid, because its staple foods are wheat and milk.

A Mohammedan *begum*, or princess, ordered an American-style hoe made at the Institute workshop because she was so impressed with its usefulness in

the gardening class she attended. She had thrown aside the veil or *purdah* and come out of her *zennana* or retreat, to learn how to become more useful to her ill-nourished country. Other Indian princesses have followed her lead.

A student returned from his home in Assam carrying several pineapples which had been rotting on the ground because of their abundance. When asked why the surplus was not shipped to the parts of India suffering from lack of fruit, he answered: "It would require coolies a day or two to bring them down to a railroad and it would be difficult to ship them because there are no cold cars. We have no cannery and no capital with which to build one. Even if we did, most of the people could not afford to buy the canned foods and many would not eat them because they would fear that the proper caste person might not have prepared the food."

One of the most thrilling aspects of the home economics education is the cooperation of the students with the woman doctor. Through years of faithful service, she has removed many of the unfounded fears of the villagers who now trust her to minister to their needs. She has taught them that cholera and smallpox are not caused by a black goddess who stalks through their villages. One day she took two of the advanced class of home economics girls into the adjacent village and they assisted her in inoculating 81 villagers against cholera. Each girl must be able to vaccinate a classmate and assist at the delivery of a baby before securing her diploma in home economics.

These phases of hygiene and public health are helping to reduce the tremendous child mortality. The students also help care for babies of the coolie women who work on the farm. The babies otherwise would be left under a tree, doped with opium to keep them from being restive while their mothers work.

Bombay economists have a post war plan in which the yearly cost of a balanced diet of 2,800 calories per person a day is placed at \$22. Thirty yards of cloth at 7 cents a yard is considered a sufficient annual amount per person. It is estimated that houses for five providing 100 square feet for each person in the household would cost \$150 in rural areas and \$260 in cities. The average annual income for the farmer is about \$35 so the costs of living are still too high for the average Indian peasant. If more farmers leave their tiny fragments of farms and go into industry, farms may become organized as economic holdings, crops may yield more per acre and there would be a better market for the goods produced.

It is difficult to superimpose an industrial society upon the Indian handicraft and barter society, but a blend of these two cultures may solve the problem. It would be unfortunate if the world lost some of the good aspects of the Indian life, but it is hoped that equally beautiful fabrics, baskets and gold and silver pieces can be produced with less suffering, more adequate food and water and a more abundant life.

WHAT'S NEW IN

Foods and Nutrition

A MACHINE to separate food from its natural packaging is the invention of a device for shelling eggs. The eggs are dropped through a hopper, one by one. They strike rapidly spinning blades which slice the shells open, and the liquid contents are thrown out through the openings, the shells remaining behind.

★

A combination evaporating and cold storage unit for home processing and storage of foods has been developed. Two concentric cylinders form the basic construction with the storage space within the inner cylinder, and the space between them containing a liquid refrigerant.

★

American boys in the armed services overseas have proved their inventiveness and engineering skill in devising their own equipment and tools. Among the first items to be built by these men from scrap was an oven for the battalion bakery from a section of a steel pontoon bridge. Discarded metal containers were used to build bread pans. Empty oil drums and used pipe were worked together to make a live-steam mess-gear washing machine.

★

With the new infra-red process of dehydration developed at Vanderbilt University, homemakers can dry their garden and orchard products almost as quickly as they prepare them.

★

Gelatin solutions which can safely be injected into human veins and which have a definite, though temporary, effect in fighting shock from hemorrhage and burns have been developed and undergone extensive study by a subcommittee on blood substitutes of the National Research Council.

★

The Naval Medical Research Institute has organized a practical and scientific method of evaluating the food in the form it is served from Navy chow lines. A truck has been equipped to transport samples of prepared foods taken at random and kept hot or cold until they can be analyzed by chemical technicians for nutritive content. The Mobile Nutrition Unit, as it is called, chops the samples into homogeneous masses for uniform and reliable sampling. It also is equipped with a device which records food selections of the Navy personnel. Results show that the recommended allowances of the National Research Council can be met without difficulty

and that men are receiving more calcium and fewer calories than nutritionists previously believed.

Textiles and Clothing

PARIS fashions may one day be transmitted in full-color pictures to all parts of the world, and full-color pictures of news events may be sent as rapidly as black-and-white pictures, as a result of a new process for the transmission of color by facsimile in the form of three-color separation film ready for the customary photographic process now used by the companies engaged in assembling colored prints.

Luminous wallpaper and unpainted wooden toys which can be put together in a variety of ways are featured in a 1945 nursery the treasured Teddy bear retains his place amid a colorful array of



OME ECONOMICS

Stockings do not run, slips do not creep out of place and fabrics do not wear out when sponged or sprayed with one of a group of new chemical compounds.

★

A convertible hat for women, which can be quickly and easily readjusted to various shapes and styles to suit the whim of the wearer, is one of the newest additions to fashion.

★

Great piles of sawdust and sawmill wastes will supply the United States with acetic acid, industrial alcohol, certain chemicals and enormous quantities of a new

plastic which resembles other plastics but is less expensive and will be more versatile.

★

A plastic, excellent for covering electric wiring and cable, will be used extensively after the war because of its flexibility, toughness in a wide range of temperatures, resistance to moisture, chemical inertness and excellent electric properties.

★

Cotton knit fabric in tubes four inches wide will stretch three times its width and is used in packaging meats, fish and fowl preparatory to sharp freezing. This sanitary wrapping is moisture-proof and protects the food from external damage.

★

A moisture-proof adhesive is ideal for labels on metal and plastic containers for overseas shipment. The product is water soluble and meets the Army requirements for salt water and oil-resistance.

★

Inner sole material for rehabilitating shoes is a combination of leather and cellulose fibers bound together with synthetic rubber binder. The product has many of the properties of leather and is highly durable.

★

A plastic fabric woven like cloth is flexible, resilient, and will resist stains, alkalis and acids. This new cloth will be used in a variety of articles including handbags and theater seats.

★

A spun rayon with a spider web quality has unusual strength, is crease-resistant, washable, non-sagging and light. It will remain white permanently. The fiber is finer than the fiber produced by the silkworm.

Household Equipment

The first moisture-proof packaging film has been made by adding a special moisture-proof chemical to a new plastic material. It can be either colorful or transparent.

★

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Thoughtful Reading

*Jo Ann Reeves reviews the thoughts presented
in current philosophy books available in library*

A RENEWED interest in the importance of philosophy has accompanied wartime adjustments. . . Some books on the subject are challenging and will help the reader crystallize his ideals in terms of longtime values.

Mama's Bank Account—Katheryn Forbes (Harcourt Brace & Co., 1943).

Beneath these amusing tales of Mama, Papa and their delightful Norwegian-American family is a wealth of Mama's instinctive wisdom which the reader will want to borrow for his own life and problems. Her philosophy is characterized by the imaginary bank account which she maintained for twenty years because "it is not good for little ones to be afraid—to not feel secure."

There's No Place Like Home—James Lee Ellenwood (Charles Scribner's Sons, 1939).

The material phases of a home are rapidly approaching perfection, but according to experts parents are "strangling the happiness of their children's careers." The author tells in an amusing and informal manner how he solved his problems of finances, manners, morals, grandmothers and even the use of the radio.

"A home is a place to grow up in, have fun in and develop in. Parents and children can live together and like it . . . and develop joy and fun in family life."

The Human Comedy—William Saroyan (Harcourt Brace, 1943).

"You must remember always to give of everything you have. . . You must give to all who come into your life. Then nothing and no one shall have the power to cheat you of anything, for if you give to a thief, he cannot steal from you and he is no longer a thief."

This is the story of ordinary people who faced the same tragedy of war that has come to many families. Their adjustment to the loss of one of their sons is an inspiring part of this human, philosophical story.

The Prophet—Kahlil Gibran (Albert Knopf, 1923).

This book is written in the singing words and phrases of the Psalms. "And ever has it been that love knows not its own depth until the hour of separation . . . You give but little when you give of your possessions. It is when you give of yourself that you truly give. Surely he who is worthy to receive his days and his nights is worthy of all else from you. And he who has deserved to drink from the ocean of life deserves to fill his cup from your little stream."

Its philosophy affects every reader and is so real that it will stay with him always.



Alumni Bulletin Board

Pictures of alumni who are "doing things" are displayed on the Bulletin Board in the Alumni Office, on the second floor. And with these pictures of old and new graduates and of Iowa State men and women in service are news stories and letters which tell of the activities of busy former students.

As the stories of Iowa State alumni pass through this clearinghouse of graduate news, the most interesting events are posted. With these news clippings and pictures before them, the bulletin board is a quick review of alumni happenings for friends and classmates. It is a panorama of Iowa State graduates over the entire world.

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Alumnae Desks

IN SPITE of help problems and shortages in services and supplies, this year's babies will be as bouncy, beaming and cozy as ever! War shortages have mothered many contrivances to help you take care of your baby, the most precious commodity in the world.

"Waterproof baby pants are welcome after a real shortage. Nylon ones are now available, elasticised at the waist and leg bands.

"To help train your child to keep covered, there is a specially designed, light-weight sheet for his bed. It tucks and ties under the mattress, allowing room for arm freedom.

"Providing intriguing toys for the baby is a time-saver for you. Luminous nursery wall designs which are colorful by day, glowing by night, delight a small child. They're easily applied and form a gay border on wall or furniture.

"A crib-gymnasium is an assortment of small wooden shapes which can be put together in various ways to make hanging toys for the bassinet—all smooth, colorful and gay.

"Watch the baby departments and you'll find a wealth of things to help you provide happiness and comfort for your baby—all designed to make him and his possessions a joy to care for and cherish."—*Phyllis Garberson, '43, New York Herald Tribune, This Week Magazine Section, December 3*

AFTER 28 days of zig-zag progress and long blacked-out nights, we finally arrived in Liberia, Africa. On the ride from Monrovia out to the plantation, I saw not a single familiar tree. The weeds along the road were a strange mat of violent green tangled with flowering vines. Some places the jungle grew to the very edge of the road, and passing through it, I felt as though I were in a tunnel. . . .

"Time, my own time, to do what I wanted, was Africa's first gift to me. Like everyone there, we had servants. . . . At first it didn't seem quite right to have others doing my work. I was talking about this to one of our planter friends, and he said, 'I think it's all right to have others do things for one, provided one does something else.' The something elses to do were infinite. . . .

"My two years in Africa went by in a sort of golden dream. I did not want to leave even for the three months of winter which the doctors prescribe for white folk after two years in the tropics. . . .

"Teaching at the University of Minnesota has been an opportunity to share with American girls something of what I have learned about primitive expression in color and design. I covet for them the spontaneous, joyful expression of the natives I have known. When the war is over, we must go again where people know how to take from the land—take not only their sustenance, but a large measure of beauty."—*Esther Seitzman Warner, '38, Farm Journal, December*



Lydia Cooley, '30, Swift's Test Kitchen Staff member, shares new products of her kitchen with high officials of Swift's

IN MANY ways farm boys and girls have advantages far above those of their urban playmates, but when it comes to education, the tables are turned.

"Farm children are seriously handicapped because rural schools as a class are far inferior to urban schools. Teaching turnover during war has been twice as great in rural schools as in urban areas. Over 13,000 classrooms were vacant last year because teachers could not be found—teachers' colleges and normal schools have lost half their enrollment during the past three years. This is a time when our children most desperately need a broad education; they are the ones who must go beyond today's confusion. . . .

"War has made faults of rural education more obvious but its troubles are chronic, not warborn. Improvements take time: groundwork must be laid."—*Alvina Iverson, '39, Successful Farming, December*

A REVIVAL of interest in the wider use of iodized salt for the prevention of endemic goiter is recommended by the Food and Nutrition Board of the National Research Council.

"Only 50 percent of the table salt is iodized at present. If all table salt were iodized as recommended jointly by the Goiter Study Committee of Michigan and the American Public Health Association, there would be no goiter problem. The small daily requirement for iodine is easily met by the regular use of iodized salt; its use is especially important in adolescence and pregnancy."—*Carol Brueck Best, '37, Servel News Letter, November 15*

THE three R's—reading, 'riting, 'rithmetic—are not enough for your school child's education. An N for nutrition must be added. That is your responsibility. You are building a mentally alert citizen of tomorrow when you see that your child goes to school. You must build a physically strong citizen at the same time, with plenty of nutritious food.

"A wholesome, nourishing breakfast and a satisfying supper is your home job. It will mean increased mental alertness, better physical development, improved school attendance and the groundwork for his own wise knowledge of the right food habits."—*Lila Williamson, '42, Southern Planter, September, '44—Harriet Keen*



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Alum Chooses **Food Publicity**

Varied activities in recipe development are provided in triangular kitchen for recent graduate

DOROTHY WATT, '44, is finding many opportunities for applying her journalism training in the Home Economics Department of Libby, McNeill and Libby in Chicago, where she is assistant to the director, Miss Dorothy Gill.

Miss Watt's recent work includes special recipe testing for a new recipe book. "Recipe development in our department is slightly different from some of the other home economics departments," Miss Watt says. "Instead of doing research on cooking methods, we emphasize the ease of preparation and the time and labor-saving possibilities of canned foods. Our recipes must be as simple as possible.

"For our wartime project we have been developing methods of extending canned foods. We prepare two or three recipes, using the food from one container."

The department facilities include an office, kitchen and Early American dining room with wall-paneling in knotty pine. The wide-planked floor is covered with hooked rugs and the furniture is made of hand-pegged maple. Its windows are leaded and the deep red upholstering harmonizes with tones of the wood. Pewter and Spode are used as decorative pieces in the room.

The kitchen is in the shape of a triangle. One side is lined with plate glass windows through which the preparation of food can be viewed. Miss Watt refers to the kitchen as her "fish bowl." The equipment, designed for large quantity cookery, and the preparation center line the other walls.

The company's national advertising copy is checked and approved by the Home Economics Department. It collaborates with the advertising agencies by testing recipes and preparing food for photographs appearing in magazines and newspapers.

Scripts for their daily radio advertising are read and examined for accuracy by the Home Economics Department which contributes the food suggestions used in the commercial.

New food products are always being tested and they are often served to company officials and guests in the dining room.

"Kitchen Chatter" is sent every month to home economists in business, home economics teachers, hospital dietitians, extension home economists and consumers who are on the mailing list by request. Educational literature is planned, written and sent to high schools and colleges, and "A Quantity Recipe Book" is sent to hotels and institutions. Miss Watt is working on a manual to give product information to the sales staff.

In this and many other ways the Home Economics Department renders service both to its own company and to other technical groups involved in food development and research.



For flattering lip make-up, Nelva Jean Nowers, home economics junior, chooses Armands' PEARLS IN WINE

Pearls in Wine, with its subtle tones is created for you. Its pleasant perfume and delightful flavor make it a joy to wear. Dark in the tube, Pearls in Wine is lighter on your lips. Its smooth texture enhances their natural beauty. This new lipstick developed for you by Armands stays on for many hours

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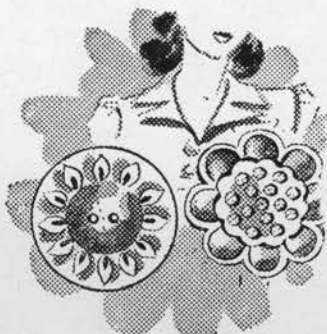


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Betty Heileman Feeds Trainees

PLANNING and supervising the meals at Northwestern University for 400 army and navy trainees is the daily job of Betty Heileman, '42.

Following her graduation from Iowa State, Miss Heileman took an apprenticeship training course at the Homestead Hotel, Evanston, Illinois. Her first position was at the Pembroke Dormitory at Northwestern, where she was in charge of feeding 150 college women.

Last July Miss Heileman became head dietitian at Northwestern's Goodrich Hall. The dining room seats only 125 so the men eat in shifts and the food is served in the cafeteria line. The men are fed in thirty minutes at every meal, giving each man approximately 10 minutes to eat.

About 10 days before they are to be used, Miss Heileman sends her menus to the Captain at Northwestern for his approval. Navy inspections of the kitchen and dining room are unannounced. Miss Heileman's food orders are sent to one purchasing agent, who buys the food for all the campus dietitians.

Besides menu planning and ordering, Miss Heileman has charge of the payroll, ration points, inventories and managing the help. There are three cooks, a pastry cook, pot washer, two storeroom men, eight dishwashers and ten student helpers. The head cook has a B.S. degree and 14 years of cooking experience.

Miss Heileman has no assistant and new problems arise every day but she is enjoying every phase of her present responsibilities.—Ann Turner



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